

IBOLC 8 WEEK GENERIC PREPARATION PROGRAM

The below program is designed to prep incoming Lieutenants for the rigors of IBOLC and prepare their bodies to handle the workload asked of them. The program is expected to be executed exactly as written.

IBOLC has 6 specific physicals goals:

- 1) Run 5 miles in under 37 minutes and 30 seconds
- 2) Squat 2x Bodyweight
- 3) Push Press or Jerk 1.15x Bodyweight
- 4) 12 mile foot march under 2 hours and 45 minutes
- 5) Complete a 16 mile tactical foot march
- 6) Score above 270 on the APFT

The prep program is broken into two 4 week cycles. The first 3 weeks are loading weeks with week 3 of each cycle being the heaviest load. The 4th week is a de-load week where the volume is dropped by roughly 40%. The recovery weeks are important to allow your body to adapt to the previous training. Sleep is also a crucial part of your recovery. You need to sleep at least 7 hours a night to properly allow your body to recover. For all weight lifting exercises the rest periods should be 90 seconds to 2 minutes.

All the series are listed on the final pages of the packet. Video demonstrations are located on the [IBOLC PT](https://www.youtube.com/channel/UCAHVhyqmDZhrGXrJPO-HbMw/feed) YouTube channel at <https://www.youtube.com/channel/UCAHVhyqmDZhrGXrJPO-HbMw/feed>.

Cycle 1 (Week 1, 2, 3, 4)

Monday

1. Warm up: Make it last 15-20 minutes
 2. Speed Training: All out sprints of up to 40m for a total volume of no more than 300m with decent rest
 3. Weight lift
 - a. Do a total workout with 4-5 exercises. No more than 8 reps per set. Choose at least 2 lower body exercises and 2 upper body exercises. Choose big exercises. 4-5 sets per exercise.
 4. Cooldown for 3-5 minutes
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Tuesday

1. Warm up: Make it last 15-20 minutes
 2. Intervals:
 - a. Longer repeats like mile repeats close to your goal 5 mile pace for up to 4 miles of volumes. Rest is shorter think 3-4 minutes.
 3. General Strength
 - a. Conduct 20 minutes of body weight circuit training
 4. Cooldown for 3-5 minutes
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Wednesday

1. Warm up: Make it last 15-20 minutes
 2. Weight lift
 - a. Do a total workout with 4-5 exercises. No more than 8 reps per set. Choose at least 2 lower body exercises and 2 upper body exercises. Choose big exercises. 4-5 sets per exercise. Make it different than Monday.
 3. General Endurance:
 - a. Easy between 3-5 miles
 4. Cooldown for 3-5 minutes
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Thursday

1. Warm up: Make it last 15-20 minutes
 2. General Endurance Circuit:
 - a. Do a circuit should involves body weight exercise and running. The total volume of running can be up to 3 miles. You can the circuit a few times. The circuit should take 10-15 minutes to one time. 45 minutes of total work is the goal.
 5. Cooldown for 3-5 minutes
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Friday

1. Warm up: Make it last 15-20 minutes
 2. Speed Training
 - a. Do all out sprints with short rest periods
 3. Weight lift
 - a. Do a total workout with 4-5 exercises. No more than 8 reps per set. Choose at least 2 lower body exercises and 2 upper body exercises. Choose big exercises. 4-5 sets per exercise. Make it different than Monday and Wednesday.
 4. Cooldown for 3-5 minutes
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Saturday

1. General Endurance:
 - a. Easy run 4-6 miles
 2. Flex:
 - a. Foam Roll
 - b. Passive Flexibility
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Cycle 2 (Week 5, 6, 7, 8)

Monday

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| 1. Warm up: Make it last 15-20 minutes | a. Do a total workout with 4-5 exercises. No more than 8 reps per set. Choose at least 2 lower body exercises and 2 upper body exercises. Choose big exercises. 4-5 sets per exercise. Choose different exercise from cycle 1. |
| 2. Speed Training: All out sprints of up to 40m for a total volume of no more than 300m with decent rest. Make the reps longer than cycle 1. | |
| 3. Weight lift | |
| | 4. Cooldown for 3-5 minutes |
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Tuesday

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| 1. Warm up: Make it last 15-20 minutes | 3. General Strength |
| 2. Intervals: | a. Conduct 20 minutes of body weight circuit training. Add in a circuit that contains jumps |
| a. Longer repeats like mile repeats a little slower than goal 2 mile pace for up to 3 miles of volumes. Rest is shorter think 3-4 minutes. | 4. Cooldown for 3-5 minutes |
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Wednesday

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| 1. Warm up: Make it last 15-20 minutes | 3. General Endurance: |
| 2. Weight lift | a. 4-6 mile easy run |
| a. Do a total workout with 4-5 exercises. No more than 8 reps per set. Choose at least 2 lower body exercises and 2 upper body exercises. Choose big exercises. 4-5 sets per exercise. Choose different exercise from cycle 1. | 4. Cooldown: Mia 10m |
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Thursday

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|---|-----------------------------|
| 1. Warm up: Make it last 15-20 minutes | |
| 2. General Endurance Circuit: | 5. Cooldown for 3-5 minutes |
| a. Create a circuit similar to cycle one. | |
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Friday

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| 1. Warm up: Make it last 15-20 minutes | a. Do a total workout with 4-5 exercises. No more than 8 reps per set. Choose at least 2 lower body exercises and 2 upper body exercises. Choose big exercises. 4-5 sets per exercise. Choose different exercise from cycle 1. |
| 2. Speed Training | |
| a. Do all out sprints with short rest periods | |
| 3. Weight lift | |
| | 4. Cooldown for 3-5 minutes |
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Saturday

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|------------------------|
| 1. General Endurance: |
| a. 6-8 mile easy run |
| 2. Flex: |
| a. Foam Roll |
| b. Passive Flexibility |
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Warm up A

Warm up A

Trinity

Morpheus

PNF

Partner

Tony

Brick Top

Vinny

Extended

Ringo

Mia

Marsellus

Wolf

Pose

Yolanda

Pillar

Crawler

- Bear Crawl Forward
- Bear Crawl Backwards
- Bear Crawl Lateral (L & R)
- Plank Crab Walk (L & R)
- Log Roll

General Strength

LSU A

Push ups
Prisoner squats
V-ups
Rocket jumps
Back hyper extension with twist
L overs
Crunch
Reverse leg lifts
Pushups with clap
Single leg squat (R)
Single leg squat (L)
Reverse push up

General Endurance Circuit

Death March

400 m run @ 2 mi pace +15s
Burpees / Squat Thrusts **x15-20**
Push Ups **x15-20**
Crunches **x20-30**
400 m run @ 2 mi pace +15s
Prisoner Squats (deep knee bends) **x10-15**
Dips (on a step or box) **x10-15**
Side Crunches **x10-15 each side**
400 m run @ 2 mi pace +15s
Lunges **x10-15 each leg**
Back Extensions **x20**
Jumping Jacks **x30**
400 m run @ 2 mi pace +15s
V-Ups **x10-20**
Feet-Elevated Push Ups (on step) **x10**
Step Ups (onto 2' box or step) **x10-15 each leg**
(Repeat circuit without rest)

Lancer

(30 sec ea exercise)
2xCrunch/Mountain
Climber
Run
2x Push up/Skip
Run
2xCrab Kick/Bicycles
Run
2xBurpee/Side Skip
Run
2xV-up/Squat
Run

Medball Circuit

MJ

Standing Shoulder Throw (L & R)
Back Toss Throw
Kneeling Good Morning
Medial Kick (L & R)
Rotation Exchange (CW-CCW)
Hip Toss (L & R)
Kneeling OH Forward
Lateral Kick (L & R)
Kneeling OHB Exchange
Leg Ad-Abs
Seated Russian Twist
L-Over

Weight Lifting Circuit

A

DB Bicep Curl
OH Tricep Ext.
Single Leg Ext.
Shrugs
Hip Extensions
DB Front Raise

C

Side Squat
Lat Pulldown
RDL
Upright Row
Alt. Weighted V-Up
OH Side Bend

B

BB Bicep Curl
Tricep Pushdown
Single Leg Curl
Hammer Curls
Hip Flexion
DB Lateral Raise

D

Closed Squat
Row
Good Morning
DB Military Press
Glute-Ham Raise
Russian Twist